Calgary metro

MONDAY, OCTOBER 31, 2016

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CANADIANS AND OSTEOPOROSIS

ONE IN 3 WOMEN AND 1 IN 5 MEN WILL BREAK A BONE BECAUSE OF OSTEOPOROSIS.

OSTEOPOROSIS IS CHARACTERIZED BY BONE LOSS THAT LEADS TO INCREASED BONE FRAGILITY AND FRACTURES, THAT CAN LEAD TO REDUCED MOBILITY, DECREASED INDEPENDENCE AND CAN IMPACT QUALITY OF LIFE.

Canadians think that bone loss begins around age **45**

IN FACT

BOTH MEN AND WOMEN BEGIN TO LOSE BONE MASS IN THEIR **MID-THIRTIES.**

85% of Canadians don't know that osteoporosis has no symptoms.

IN FACT

THE FIRST SYMPTOM IS OFTEN A BROKEN BONE.

65% of Canadians don't think osteoporosis is a fatal disease.

IN FACT

OVER **30%** OF PEOPLE WHO SUFFER A HIP FRACTURE **WILL DIE** WITHIN THE FOLLOWING YEAR.

Canadians think only **47%** of broken bones after 50 are due to osteoporosis.

IN FACT

AT LEAST **80%** OF FRACTURES AFTER 50 CAN BE ATTRIBUTED TO OSTEOPOROSIS.

85% of Canadians don't know that osteoporosis fractures are more common than heart attacks, stroke and breast cancer.

IN FACT

FRACTURES FROM OSTEOPOROSIS HAPPEN MORE OFTEN THAN HEART ATTACK + STROKE + BREAST CANCER **COMBINED.**

52% of Canadians don't know that osteoporosis **can't** be cured.

IN FACT

OSTEOPOROSIS CAN ONLY BE TREATED. THERE IS NO CURE. PREVENTION IS KEY.

66% of Canadians think it's possible to get enough calcium from foods other than milk products.

IN FACT

MILK PRODUCTS NATURALLY CONTAIN MORE CALCIUM PER SERVING THAN ANY OTHER FOOD. THEY ALSO CONTAIN OTHER BONE-BUILDING NUTRIENTS SUCH AS PROTEIN, PHOSPHORUS, AND MAGNESIUM.

HOW TO KEEP YOUR BONES HEALTHY

GET ENOUGH CALCIUM-RICH FOODS SUCH AS MILK PRODUCTS.

EXERCISE REGULARLY.

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> **getenough**.ca/app

*Donations up to a maximum of $100,000.

Survey stats from Ipsos, 2016

Osteoporosis Canada
Ostéoporose Canada

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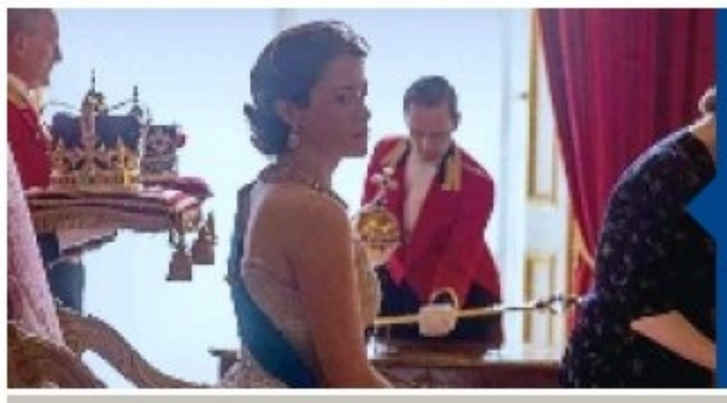

Gender politics rule upcoming Netflix series The Crown
metroLIFE

Stamps stunned as Alouettes snap 14-game win streak
metroSPORTS

Calgary metro

Your essential daily news | MONDAY, OCTOBER 31, 2016 | High 6°C/Low -1°C Cloudy

EU TRADE DEAL
Now the real work begins
metroNEWS

Dean May, left, and Tim Reed wear HAZMAT gear when cleaning up crime scenes. LUCIE EDWARDSON/FOR METRO

THOSE AREN'T COSTUMES

Meet the men cleaning busted fentanyl labs metroNEWS

Don't be a nuisance

BYLAW UPDATE

Fines could increase for fire pits, unkempt property, noise

Brodie Thomas
Metro | Calgary

The results are in from surveys the city did on updating its community standards bylaws, and now administration is suggesting increased fines for a number of bylaws.

One proposed change would require a wire mesh over any fire pits. The fine on non-compliance would jump from $500 to $750.

Numerous fine increases are also proposed for noise complaints and for unkempt properties. Issues such as accumulation of building materials, harmful fluids, or long weeds and grass could soon cost homeowners up to $400 in fines.

The city also heard loud and clear that residents want "no junk mail" stickers honoured by non-commercial distributors. This would mean religious and anti-abortion groups would not be able to leave flyers in residential mailboxes.

The report to the committee responsible notes that 75 per cent of Calgarians who provided feedback supported the change on flyers.

Coun. Evan Woolley said the survey showed that, for the most part, Calgarians are getting along just fine with their neighbours.

Nevertheless, the city needs tools in its toolbox to address the small issues that do arise.

"There's a few points as a city where we could do better in setting some standards, and we've got some tweaks we're looking at as a part of that."

FOR ONE IN THREE CALGARIANS, MAKING RENT THIS MONTH IS THE BIGGEST NEWS OF THE WEEK.

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metro NEWS

Your essential daily news

'A piece of Italian identity is at stake,' Premier Matteo Renzi says after powerful quake. **World**

Calgarians groom for greatness

Brett Theissen doesn't shave his beard off for Movember but raises funds throughout the month for the cause. FACEBOOK

Nathan Gareau recommends men with longer beards use "beard masks" in order to prevent split ends. CONTRIBUTED

MOVEMBER

Facial-hair fanatics offer up top tips

Josie Lukey
For Metro | Calgary

Nothing will make you feel manlier — or itchier — than a nice, thick moustache.

That's why local facial-hair enthusiasts are encouraging men to treat themselves to a fresh hot shave before growing in their follicles throughout Movember.

Each November men are invited to start off the beginning of the month with a clean face and grow in their soup catchers as the month progresses. The goal is to raise awareness and money for some of the biggest health issues faced by men, including prostate cancer, testicular cancer, mental health and suicide prevention.

Brett Theissen of the Calgary Facial Hair Club, who has a five-inch moustache and an eight-inch beard, said it's all about commitment.

"Shampooing and conditioning whenever you bathe, and then when you get out of the shower or bathtub, using a good oil, not a gross synthetic kind of sticky oil, but using something natural," advised Theissen, who also won second place in the Western Canadian Beard and Moustache Championships.

Theissen personally recommends using local company Mammoth Beard Co., which he said keeps his beard "pretty happy."

For the trendier man, Kent of Inglewood's Tala Henning said this year's biggest trend is not how full you can grow your beard or moustache — it's bedazzling your beard with gems and beads.

"Beard gems are like little beads for your beard," said Henning. "It's a little gem that you stick in the middle of your beard, maybe shaped like a skull. Very Viking."

According to the Movember Foundation, men experience worse long-term health issues than women and die on average six years earlier. Poor mental health leads to about half a million men taking their own lives every year — an average of one every minute.

Which is why for both Henning and Theissen, no matter what the state of their face rug, helping the cause is a good thing all around.

"You can have a crappy moustache, but as long as you believe in the (cause), it's a good moustache," said Henning.

> **You can have a crappy moustache, but as long as you believe in the (cause), it's a good moustache.**
> Tala Henning

TAKE PART

For a full list of Movember events in the city, to donate or to grow a mo for a bro, visit movember.com.

From football to funnies, Jon Cornish gets dirty

ENTERTAINMENT

Ex-Stampeder finds calling in improv comedy show

Aaron Chatha
Metro | Calgary

Carly McKee revels in the drama recurring guest star Jon Cornish delivers to the weekly show Dirty Laundry. AARON CHATHA / METRO

Ex-Calgary Stampeder Jon Cornish has accused an infant of being a criminal.

Mostly, it was because he didn't want to admit his girlfriend (and said infant's older sister) buried him alive in a cemetery.

So he blamed the baby.

Yes, that's one of those crazy stories we make to draw you into an article before revealing the whole thing was done on stage, in the name of comedy, but it turns out Jon Cornish is a refreshingly hilarious guy.

Dirty Laundry is an improvised soap opera at Lunchbox theatre stage weekly. This year, the theme is a football drama like Friday Night Lives — appropriately named Monday Night Lights because the show is every Monday.

Cornish joined the first episode of the season as a guest star, but kept coming back for more, and is now a regular.

"He's entrenched himself in the plot in a way that even if we didn't want him in the plot, he's involved in everything," laughed Carly McKee, who plays the mother of the aforementioned infant.

In fact, Cornish is actively being trained by the cast to learn how to be a theatre actor. Luckily his football training is worth more than just fancy footwork.

"Whatever you're performing on, whether it's a stage or field, there's a flow — someone might do something crazy and you just have to go with it," Cornish said. "It's really about being in the present, and that's with sport and theatre."

Cornish didn't expect to fall in love with improvising, but he's developed hopes, dreams and motivations for his character. According to McKee, Cornish isn't afraid to drive the plot and open up to his feelings on stage.

> **He's entrenched himself in the plot in a way that even if we didn't want him in the plot, he's involved in everything.** Carly McKee

"He's doing really honest, in the moment work that we all strive to do," she said.

"I guess I'm more sensitive that I thought," he laughed.

Cornish will be in just about every December show of Dirty Laundry, giving fans plenty of chances to catch him on stage, playing up the dramatic aspects of high school football life.

Speaking of high school — the Dirty Laundry cast is going all-out with the theme, including a dance everyone is invited to.

Homecoming

Nov. 13 at the Evergreen Community Spaces, McKee is helping organize the most "legit" homecoming party Calgary has ever seen.

There will be a band, songs from different era, corsages, a photographer — and guests are encouraged to wear their old prom outfits, or whatever they deem appropriate.

"We're doing the homecoming dance you wish your school had," she beamed.

"Because we didn't have the ones you see in movies, so that's what we're going for."

The dance acts as a fundraiser for Dirty Laundry, to support the theatre and their youth show.

IN BRIEF

Police investigating shots fired into NE home

Calgary Police are investigating reports of gunshots at a home in the community of Rundle just before nine a.m. Sunday morning.

A home in the 100 block of Rundlehorn Crescent Northeast was damaged. No injuries were reported.

Anyone with information is asked to contact the Calgary Police Service at 403-266-1234.

ELIZABETH CAMERON/FOR METRO

Man arrested after found asleep in stolen pickup

A suspect is in custody after police responded to reports of a man passed out in a silver Dodge Ram at a Co-op gas bar near Southland Dr. and 24 St. SW on Sunday. Turns out the vehicle was stolen.

As officers approached, the man inside woke up and tried to drive away. He was arrested a short time later, when he got out of the truck and attempted to flee on foot.

ELIZABETH CAMERON/FOR METRO

Alcohol may factor in rollover: Cochrane RCMP

Cochrane RCMP say speed and alcohol are believed to be factors in a crash outside that community.

Officers responded to a single vehicle rollover on Horse Creek Road early Sunday morning, where a vehicle went into a ditch and hit a guardrail before becoming airborne. Two of the four passengers were ejected, and all were transported to hospital. One was listed in critical condition

An RCMP collision expert was on scene Sunday assisting with the investigation. METRO

HARM REDUCTION

Consumption sites a 'friendlier' name

Regardless of what you call it, Alberta is getting into the business of harm reduction by giving drug users a safe place to take their drugs.

Late last week the province announced it would provide funding for agencies working to establish supervised consumption sites, but for our neighbours to the west, these sites are known as supervised injection sites.

According to Alberta Liberal Leader Dr. David Swann, the name change might be a result of previous governments conservative feelings about crime reduction, where people turned off by the idea of supervised injection sites can take a bit more comfort if they're called supervised consumption sites.

"If it's turning people off and they're pulling away their support for (sites) because they don't like (the name), it's a problem. If it's turning people away that would use the system more if it was spelt friendlier, then let's use words that will get people comfortable with it," said Swann.

Randy Pages of the Alberta Addicts Who Educate and Advocate Responsibly (AAWEAR) also welcomes the name change.

"I'm not a big fan of the term injection sites, so I like consumption sites," said Pages who added that the province still needs to do more.

Both Pages and Swann note that despite the name change, the government needs to work on making the sites a more open and a friendlier place to heal those who might be turned away because of stigma placed on users.

So far there are no concrete plans for a safe consumption site in Calgary.

JOSIE LUKEY/METRO

Pictured: Katrina and Tristan Fost. An online survey for the bridge asked residents to choose their preferred colour for the arch of the bridge. The winner? Churchill blue. JOSIE LUKEY/METRO

Bridge value up in the air

DEVELOPMENT

Residents will soon see need for Anderson path: Manager

Josie Lukey
For Metro | Calgary

The Anderson pedestrian overpass connecting the southwest communities of Cedarbrae and Woodbine has opened, and for some residents in the area, they're not exactly sure what all the fuss is about.

Gyula Steigerwald, taking his pup out to check out the new bridge Sunday said although he likes the design and appreciates connecting the communities, he sees no use for it.

"I don't think I'll be using it," laughed Steigerwald. "This is the first time, just looking around."

Katrina Fost and her young son Tristan, who said they ride bikes along the pathways, had similar thoughts.

"I have no idea why they put it here, but it looks cool, we like it," Fost said.

"At the moment, it kind of goes from nowhere to nowhere."

Evan Fer, project manager of the site said although pathway users do not see a need for it now, they will.

"It was very important that we build it before the construction of that ring road so we can still have that connection during the construction coming up, but also permanently after," said Fer.

Although the project is in its first phase, pathway users in the area are still able to cross at the existing intersection at Anderson Road and 37 St. SW. In phase two, pathway users will not be able to cross the intersection and will instead use the new pedestrian bridge to cross Anderson Rd.

With a budget of $6.7 million funded by the province, work on the bridge isn't entirely finished. Pathways, retaining walls and landscaping will take place late fall into early winter of this year.

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Specialists suit up to clean city's drug dens

PUBLIC SAFETY

Remediation business talks scrubbing fentanyl labs

Lucie Edwardson
Metro | Calgary

When Dean May suits up for work it's a little more complicated than putting on a jacket and tie.

His suit is HAZMAT regulation. It's bright yellow, airtight, taped at the ankles and the wrists, double gloved and requires a full face respirator.

May, a remediation specialist, cleans up the messes most people could never even imagine: murders, traumas, grow-ops and most recently, fentanyl houses.

"When we walk into the property after the cops have searched it, it literally looks like they turned the house upside-down and shook it," he said. "There is stuff everywhere. Nothing is left unturned, nothing is left unsearched, unopened, unseen, uninspected."

May said before fentanyl hit Alberta hard his company, MayKen Solutions, primarily dealt with marijuana grow-operations. But recently they've cleaned some of Calgary's most dangerous busted drug operations — clandestine fentanyl labs.

"Somebody has to do it," he said.

Cleaning out a fentanyl lab is quite the task, too.

First they use an industrial vacuum called a HEPA (High Efficiency Particulate Arrestance) vacuum top to bottom. Then they use a negative air machine in the basement.

"That drags all the air from upstairs down and through a mass filter system," said May. "Then starting at the top we scrub every square inch."

The house May and his associate Tim Reed are currently cleaning is in Calgary's deep south. The entrance is equipped with life-saving naloxone kits used to temporarily reverse an opioid overdose — just in case the men were to come in contact with any of the fentanyl.

According to recent statistics, fentanyl has been linked to 155 deaths in the province between January and June of this year.

May said he can tell they were pressing pills in the basement of this particular home.

"Everything is covered in this green hue of dust," he said. "We don't know if it's from the filler they use or the fentanyl itself."

Currently the home has been deemed inhabitable by Alberta Health Services, but when May is done with it the home will be like new.

"We clean it to the point the 'unfit order' can be removed from the property," he said. "Once Alberta Health Services gives the thumbs up it's ready to go."

> **Everything is covered in this green hue of dust. We don't know if it's from the filler they use or the fentanyl.** Dean May

+ OTHER JOBS

In addition to cleaning out fentanyl houses, MayKen Solutions has also worked under other conditions.

- Murders
- Traumas
- Grow-ops

Dean May (left) and Tim Reed must wear HAZMAT suits and full-face respirators to keep safe when cleaning up clandestine fentanyl labs. LUCIE EDWARDSON/METRO

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Wildrose unified on carbon tax

POLITICS

Members give leader mandate to fight Alberta climate plan

Wildrose party members have given Official Opposition Leader Brian Jean a mandate to fight Alberta's looming carbon tax.

Party rank and file, voting at the annual general meeting in Red Deer on Saturday, overwhelmingly endorsed a change to the policy manual in order to promise the Wildrose will repeal the $3-billion-a-year tax should it win power.

"The members have ratified exactly our position on a very bad and regressive tax," Jean said later in an interview.

He said any such carbon pricing needs to work in lockstep with other energy-producing jurisdictions to be both fair and effective.

"If not, we're just penalizing ourselves," he said.

Brian Jean CONTRIBUTED

Jean called the motion one more weapon in his arsenal as his caucus prepares to debate the promised legislation during the fall legislature sitting.

The legislation would end coal-fired electricity, cap oil-sands emissions and remake Alberta's energy grid with increased emphasis on renewables like wind, solar, and hydro power.

"We're going to see the climate change agenda move forward very aggressively," said Jean.

"Once you dissuade investors from coming into Alberta, once you have energy companies leave Alberta … it's very difficult to get them back.

"The climate change costs are going to hit everybody."

The NDP is bringing in a carbon levy on Jan. 1 on gasoline prices and home heating bills tied to a $20 a tonne levy on greenhouse gas emissions in 2017, rising to $30 a tonne by 2018.

Low and middle income earners will get partial or full rebates.

The money raised will be reinvested in green initiatives and programs, including rapid transit. THE CANADIAN PRESS

> **The members have ratified exactly our position on a very bad and regressive tax.** Brian Jean

Calgary Polycystic Kidney Disease (PKD) Patient Forum

Join us November 7th

Calgary PKD Patient Forum
November 7, 2016
7:00 p.m. until 9:00 p.m.
Hotel Arts
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Polycystic kidney disease (PKD) is one of the most common life-threatening genetic diseases affecting Canadians and can result in the growth of cysts that enlarge the affected kidney, destroying its ability to function.

Patients and their loved ones are invited to join this forum to:

- Learn about what a PKD diagnosis can mean for you or a loved one, as well as how PKD can be managed from **Dr. Louis Girard, Nephrologist, University of Calgary**;
- Hear about what resources and support systems are available to you and your loved ones from **Jeff Robertson, Executive Director, PKD Foundation of Canada**;
- Have your questions answered during a Q&A period led by Dr. Louis Girard and Jeff Robertson; and
- Meet other people living with PKD in your community.

All are welcome to attend!

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Sugar Skulls are the look this Halloween

WORKSHOPS

No costume? Just add blood, says Calgary makeup artist

Elizabeth Cameron
For Metro | Calgary

Participants learn how to create the perfect sugar skull look at a makeup workshop by Calgary-based Angela McIntosh. COURTESY JAMES HIRST

It's the busiest time of year for Calgary's makeup artists.

Angela McIntosh created more than 25 Halloween makeup looks on a single day this weekend — From demons to KISS, she's seen it all.

Halloween is special to her, because people are more likely to try something new or experiment with their look.

"I believe Halloween is an opportunity to connect with your inner child. It's a license to go out and have fun with your look."

No costume for Halloween yet? McIntosh has a solution.

"Just add blood to anything, and you'll be fine."

As a mobile makeup artist, she specializes in wedding, airbrush and special effects makeup.

She hosts workshops for groups or individuals, so anyone can learn how to transform themselves with makeup.

"This Halloween is definitely the year of the sugar skull. Last year it was all about zombies," McIntosh said.

Sugar skull makeup is inspired by calaveras, or a sugar representation of the human skull that decorate Mexican Day of the Dead celebrations.

For those applying their own makeup this Halloween, she recommends purchasing products from a specialist.

"Makeup is sourced from all over the world, so it's important to have products that are safe, and from a reputable store," said McIntosh.

It's also important to consider the aftermath, especially if your look involves liquid latex or fake blood, which can stain.

"Make sure you do your research about how to remove the product. If you put it on, you have to know how to take it off."

McIntosh often works with an airbrush tool, and sometimes even prosthetics, to create elaborate looks.

"Being a makeup artist and getting to being part of the excitement makes me happy, if I can help someone feel good, or excited about their look — it's so rewarding to me," she said.

"I really love what I do."

What are your favourite/least favourite Halloween treats?

JENNIFER FRIESEN FOR METRO

I've got to say that the gumballs are my favourite. I just like gum. My least favourite would be anything marshmallow — if it's made from marshmallow, I don't like it

Andrew Stagg

Kit Kats are my favourite, and toothbrushes and fruit are my least favourite. And raisins! Raisins are the worst! I hate them.

Stacy Kan

Little Snickers bars are my favourite for sure. Least favourite: Candy corn. The worst! There's no taste to it, they're hard and nobody likes them.

Lauren Howard

My favourite would be a big toss-up between three: Crispy Crunch, Oh Henry and Kit Kats. Least favourite: Licorice. I hate licorice. All licorice.

Winston Ma

My favourite would probably be Kit Kats and Skittles. My least favorite is the homemade treats — homemade popcorn balls, homemade cookies — no, you never know!

Sheralyn Berry

Rob Morrow and Dale Hoggins can't wait to join the Wicked Witch on Halloween. PHOTOS: AARON CHATHA/METRO

The wizards of Marda Loop conjure up Oz

HOLIDAYS

Halloween goes yellow and emerald for two residents

Aaron Chatha
Metro | Calgary

For the past eight years, Rob Morrow and Dale Hoggins have been transforming their home for the holidays — to the delight of the Marda Loop residents.

Taking a page out of Glinda the Good Witch's book, it's always best to start at the beginning — and all you do is follow the yellow brick road to get to Morrow and Hoggins' spectacular Wizard of Oz-themed home and party for Halloween.

Of course, to get to the yellow brick road, you first have to head down the grey paved road of 15A Street SW.

Once you arrive, Morrow and Hoggins have decorated their entire front yard as an homage to one of Hoggins' favourite movies — there are mannequins dressed up as Glinda, Dorothy and her pals.

Just past munchkin land is a poppy field, where the lion lies fast asleep, and in the distance is the wizard in his hot-air balloon.

In one corner hides the Wicked Witch, who spouts lines from the movie as kids pass by to collect their candy, and in the other corner is a person-sized tornado, spinning in place with the farm caught in the winds.

Finally, there's the entrance to the fabled Emerald City — and luckily, inside there are no wizard tricks: only some snacks and a bit of wine for the adults.

"This is our gift to everyone," smiled Morrow, who spent the last month shopping and building the massive display.

"We have fun doing it, but it's for the kids — to see their reaction is the best part. Actually, some of the parent's reactions are amazing. They just love it."

The display was only put up on Oct. 30, and it will go down on Nov. 1. Morrow and Hoggins love the opportunity to get to know their neighbours and do something fun for the community.

They actually do it every holiday — in past Christmases they've turned their yard into a forest of trees, or made the exterior into a gingerbread house. Last Halloween, their yard was a cemetery after dark — with skeletons playing cards or walking their dogs.

"You have to spend your money on something, you can't take it with you, so why not do something people will enjoy," said Morrow.

1 The spinning tornado is made from chicken wire and a revolving Christmas tree stand. At night it will be lit up with strobe lights.

2 Using mannequins and Halloween costumes, the pair re-created the main cast.

3 Just look for the rainbow arch on 15A Street SW on Halloween night.

Conjugal visits aid reintegration

JUSTICE SYSTEM

Program increases public safety, experts say

Lee Chapelle and his wife Christine Jones, daughter Lindy-Ann and son Kyle Lee, sit on a couch inside a "trailer" at Joyceville Penitentiary on their wedding day in June, 1992. THE CANADIAN PRESS

> **"It was a really big motivation to come home to my family.**
> Lee Chapelle

Lee Chapelle has fond memories of spending afternoons with his wife in the mid-1990s, barbecuing in a small yard while his young children played in the grass and mimicked the cows' moos as the animals grazed in a nearby field.

Were it not for the five-metre, barbed-wire penitentiary fence interrupting the view, the scene could easily have been mistaken as an everyday family experience.

Between 1991 and 2010, Chapelle spent about 15 years behind bars for property theft. On more than a dozen occasions over that period, his young family was able to spend as many as three days at a time living with him.

The stays are linked to a long-standing program aimed at increasing the chances of inmates successfully reintegrating into society after their release.

"It was a really big motivation to come home to my family to be able to spend time with my newborn baby and realize just how much was out there and just how much I wanted to be with them," Chapelle said.

Some experts say Canada's so-called private family visit program, which began in 1980 as a pilot project, plays an important role in rehabilitating offenders, and also provides corrections officers with a useful tool for encouraging good behaviour from inmates.

The program has received recent attention after a media report that Kelly Ellard, a notorious killer in British Columbia, is eight months pregnant following a conjugal visit from her boyfriend.

Lisa Kerr, a law professor at Queen's University in Kingston, Ont., said the program recognizes that the majority of federal inmates will be released and that it is in society's best interest to make that process as successful as possible.

"Close personal relationships are part of what makes people have hope about their future and gives them reason to invest in their correctional programming and move towards a release plan," she said.

THE CANADIAN PRESS

NOVA SCOTIA

Charges could be laid in deadly hunting accident

Zane Woodford
Metro | Halifax

Police in Nova Scotia say it's too early to rule out charges after a 52-year-old man from Halifax was killed in a hunting incident that took place on Big Tancook Island in Mahone Bay.

"Two individuals were out hunting deer when one was shot," said RCMP spokesperson Cpl. Andrew Joyce, who said the two men knew each other, but were not out hunting together.

Asked whether charges were expected, Joyce said it's too early in the investigation to say, but added that police would be looking into firearm charges.

He said the man involved is being co-operative, and was questioned and released over the weekend.

Joyce wouldn't say incidents like these are common, but said "it does happen from time to time."

NEWFOUNDLAND

Unpaid fees ground plane

A commercial jet was grounded at the airport in St. John's under a court order preventing takeoff until National Airlines takes care of the payments it owes the airport authority.

St. John's International Airport Authority issued a statement on Sunday saying the Boeing 757 aircraft has been sitting idle since Friday and will not leave until the operator pays its outstanding fees.

THE CANADIAN PRESS

BRITISH COLUMBIA

Indigenous adults shamed from speaking languages are key to revival

There's a generation of indigenous people across Canada who were once shamed for speaking their own language.

Now, people who didn't learn their mother tongue from their parents are key to saving and revitalizing the languages, British Columbia researchers say.

Two University of Victoria indigenous languages experts whose own parents did not speak their aboriginal languages at home are moving to bridge the language gap with a mentor-apprentice program that teaches adults.

"There were generations of people, my parents and grandparents, who were sent to residential school and forbidden to speak their language and beaten and shamed and ridiculed and punished in all sorts of awful ways," said Peter Jacobs, a UVic linguist and fluent speaker of his Squamish Nation language.

"A lot of those people who came out of that school system chose not to teach their children the language," he said. "My dad doesn't speak Squamish as his first language for that very reason. That caused a big disruption."

The program focuses on adults learning an indigenous language by being paired with a fluent speaker who is a mentor. The teacher and student are immersed in a curriculum where classes could involve hunting expeditions or family chores but are conducted entirely in the indigenous language.

THE CANADIAN PRESS

Alien expert Chris Rutkowski is with the Winnipeg-based Ufology Research. THE CANADIAN PRESS

High time for 'a closer look'

ALTERNATIVE SCIENCE

'UFO guy' long fascinated by unexplained lights in sky

After three decades being known as one of Canada's top UFO experts, Chris Rutkowski doesn't mind a bit of good-natured ribbing now and then.

"People will sometimes give me Marvin the Martian toys for Christmas," says Rutkowski, who researches unidentified flying objects in his downtime from his day job as a University of Manitoba's communications coordinator.

Rutkowski, who is with Winnipeg-based Ufology Research, has long been fascinated by reports of mysterious lights and unusual objects in the sky that defy easy explanation.

"There is a real phenomenon I think is worth scientific study," he says. "It's something I think people should be talking about. It's a wonderful way to think of the universe, our place in the universe."

His interest was first sparked in the 1970s when he was studying astronomy and calls came in about UFO sightings.

"My colleagues in astronomy were simply not interested. They thought it was simply pointless, or hallucinations, or people were just seeing things, spots before their eyes."

"I was curious what people were actually seeing and experiencing so I took the calls."

Eventually Rutkowski, 57, came to be considered "Canada's UFO guy," giving lectures and penning several books about the phenomenon.

He says there are more than 1,000 UFO reports in Canada a year. He figures about 95 per cent of the sightings he investigates can be explained. The strange objects often turn out to be airplanes, satellites, fireballs or — more recently — drones.

Rutkowski says the snapshot UFO reports provide of society is almost as fascinating as the UFO phenomenon itself.

"If there isn't a physical phenomenon, there's at the very least a psychological or a sociological phenomenon, and in any of those cases, science really should be taking a closer look at the UFOs." THE CANADIAN PRESS

> People are worried about what will happen in their lives so they're looking for creatures from elsewhere to save them. Chris Rutkowski

VANCOUVER

Arrest under scrutiny

An independent RCMP review board has launched an investigation into how the Mounties handled the arrest of an elderly couple in the Vancouver area last week. A widely publicized video appears to show an officer dragging a man down a staircase while another officer arrests a woman, who appears at one point to fall.

The probe will look at whether members of the Coquitlam RCMP used good policing practices in the arrest. THE CANADIAN PRESS

IRAQ

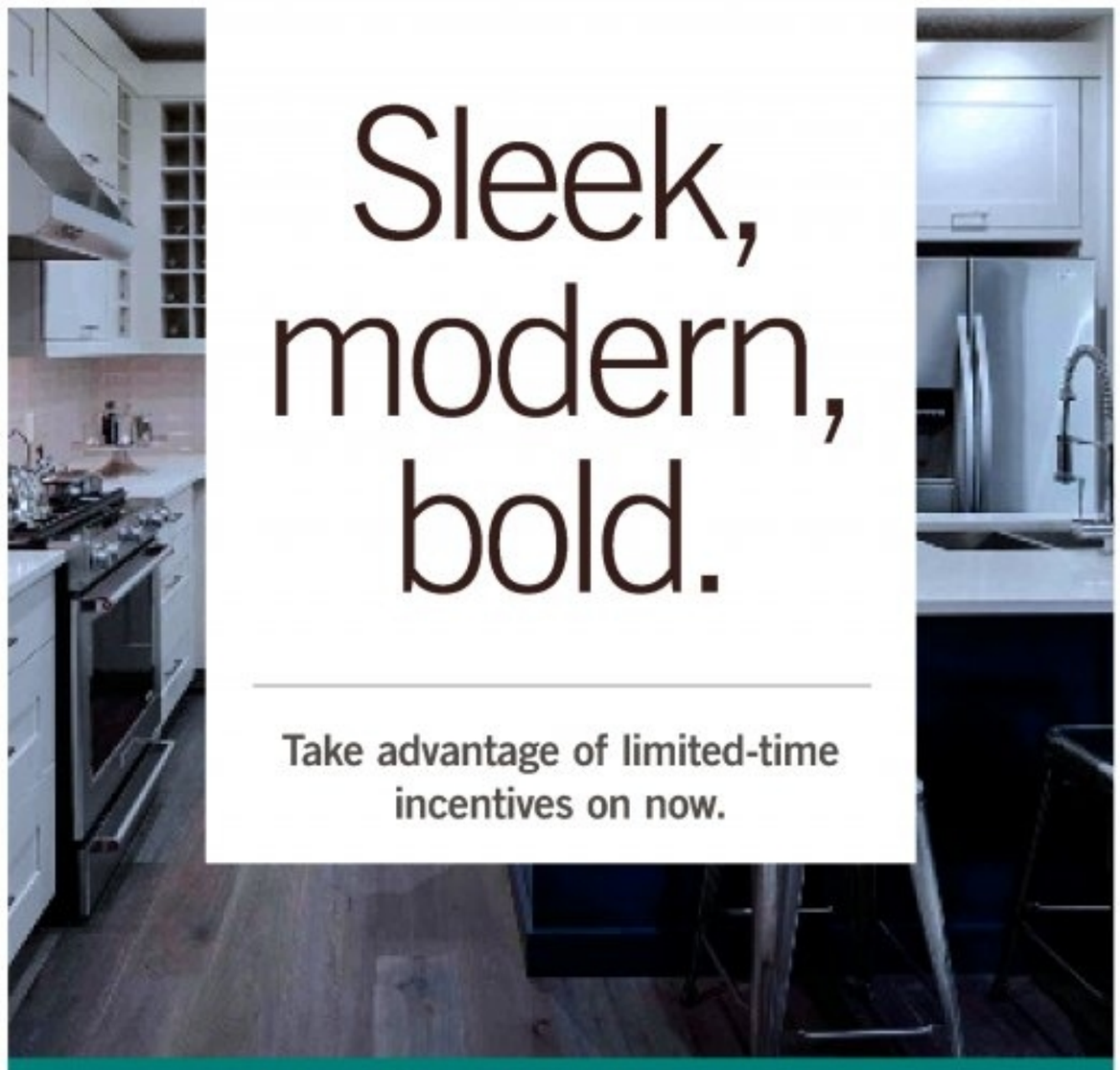
Yazidi activist heartened by vote

Nadia Murad had tears in her eyes as she described the power that individual MPs can have when they stand up to vote.

A few minutes earlier, she had watched 313 MPs vote unanimously in favour of a Conservative motion to recognize that the violence perpetrated by Daesh against the Yazidis constitutes genocide — and commit to providing asylum to women and girls from the persecuted minority group within 120 days.

Speaking through an interpreter last week, Murad — a 23-year-old Yazidi activist who had escaped sexual slavery by the Islamic militant group after they raided her village in northern Iraq — told reporters she felt Daesh losing power with every MP who stood up to vote for the motion.

"(They) never thought their slaves will one day come out and will be speaking against them," she said. "They thought they will always remain slaves for them." THE CANADIAN PRESS



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Italy's 'soul is disturbed'

NATURAL DISASTER

Powerful quake strikes at nation's identity

The third powerful earthquake to hit Italy in two months spared human life Sunday, but struck at the nation's identity, destroying a Benedictine cathedral, a medieval tower and other beloved landmarks that had survived the earlier jolts across a mountainous region of small historic towns.

Lost or severely damaged in the shaking were ancient Roman walls, Gothic and Baroque churches and centuries-old paintings crushed beneath tons of brick, sandstone and marble.

Italian Premier Matteo Renzi said the nation's "soul is disturbed" by the series of quakes, starting with the deadly Aug. 24 event that killed nearly 300 people, two back-to-back temblors on Oct. 26, and the biggest of them all, a 6.6-magnitude quake that shook people out of bed Sunday morning. It was the strongest quake to hit Italy in 36 years.

An aerial view of the destroyed town of Amatrice as an earthquake with a 6.6 magnitude struck central Italy on Sunday. THE ASSOCIATED PRESS

This handout released by Italian broadcast channel Sky Tg24, shows firefighters helping nuns in Norcia after the quake on Sunday. SKY TG24/AFP/GETTY IMAGES

There were no reports of fatalities — a fact attributed to the evacuation of sensitive areas and fragile city centres. Some 3,600 people had been moved to shelters, hotels and other temporary accommodations after last week's quakes. Many who stayed behind were sleeping in campers or other vehicles, out of harm's way.

Renzi vowed to rebuild houses, churches and businesses, saying, "a piece of Italian identity is at stake at this moment."

"Feeling the earth collapse beneath your feet is not a metaphorical expression, but it is what happened this morning, and half of Italy felt this," Renzi said.

The quake struck another painful blow to the rich artistic heritage of villages that dot the Apennine Mountains.

The worst damage was reported in Norcia, a town in Umbria closest to the epicenter. Two churches were destroyed — the 14th century Basilica of St. Benedict, built on the traditional birthplace of St. Benedict, founder of the Benedictine monastic order; and the Cathedral of St. Mary Argentea, known for its 15th century frescoes. Only the cracked facades were still standing, with most of the structures disintegrating into piles of rubble and dust.

Television images showed nuns rushing into the main piazza as the bell tower appeared on the verge of collapse. Later, nuns and monks knelt in prayer in the main piazza. A firefighter appealed to a priest to help keep residents calm in an effort to prevent them from looking for loved ones.

When the quake struck, nuns from the Saint Mary of Peace monastery in Norcia were praying and singing hymns. The shaking caused their building to collapse and badly damaged their sleeping quarters. Later, firefighters escorted them back inside to retrieve holy books. Then an aftershock hit.

"But we had courage, because we were in our house and the Lord protects us," one nun said.

THE ASSOCIATED PRESS

EMAILS

Clinton stays on course

Hillary Clinton vowed Sunday that she would not be "knocked off course" in the election's final days, as she sought to push past a new FBI e-mail inquiry in a sexting probe that delivered a late jolt to her race against Republican Donald Trump.

"I'm not stopping now, we're just getting warmed up," Clinton declared during a packed rally with gay and lesbian supporters in battleground Florida. "We're not going to be distracted, no matter what our opponents throw at us."

Trump campaigned in Las Vegas at a casino owned by billionaire GOP megadonor Sheldon Adelson and accused the justice department, without offering evidence, of trying to protect Clinton following the FBI's discovery of new emails that could be related to its investigation into Clinton's use of a private e-mail server.

Clinton's advisers and fellow Democrats pressured FBI Director James Comey anew to release more details about the emails, including whether Comey had even reviewed them himself. The message was aimed at gathering more information about what the bureau is seeking from a computer that appears to belong to disgraced former New York Rep. Anthony Weiner, the estranged husband of Huma Abedin, one of Clinton's closest advisers.

Tim Kaine, Clinton's running mate, said Comey owed it to the public to be more forthcoming about the emails under review by the FBI with only nine days remaining before the Nov. 8 election. Calling Comey's announcement "extremely puzzling," Kaine said that if Comey "hasn't seen the emails, I mean they need to make that completely plain."

THE ASSOCIATED PRESS

FRANCE

Makeshift migrant church in Calais holds final service

Ethiopian Coptic migrants pray as they arrive at a makeshift Orthodox church in "the jungle," on Sunday. AFP/GETTY IMAGES

With poignant prayers, scores of migrants attended the final service Sunday at a makeshift church in what remains of the squalid camp in the French port of Calais.

Mainly Eritrean migrants squeezed into the service at a small Orthodox church erected at the camp that has come to epitomize Europe's struggle to absorb migrants and refugees.

The church is one of many handmade structures — including mosques, schools and shops — that demonstrated the migrants' enterprising spirits and offered them solace amid hardship.

French authorities are evacuating the residents of the so-called "jungle" and razing its tents and shanties, which housed up to 10,000 people at its height. The slum-like conditions at the camp became an embarrassment to the French government, which is now relocating its residents to sites around France and urging the British government to do more to help.

Calais, a gateway to the English Channel, has long been a magnet for migrants from the Mideast and Africa seeking to reach Britain.

The clear-out operation is expected to finish soon. Aid group Auberge des Migrants called for visitors to join in Sunday's service to pay homage to those who built the church. Some of the migrants have apparently been living in the church itself since surrounding tents have been torn down. THE ASSOCIATED PRESS

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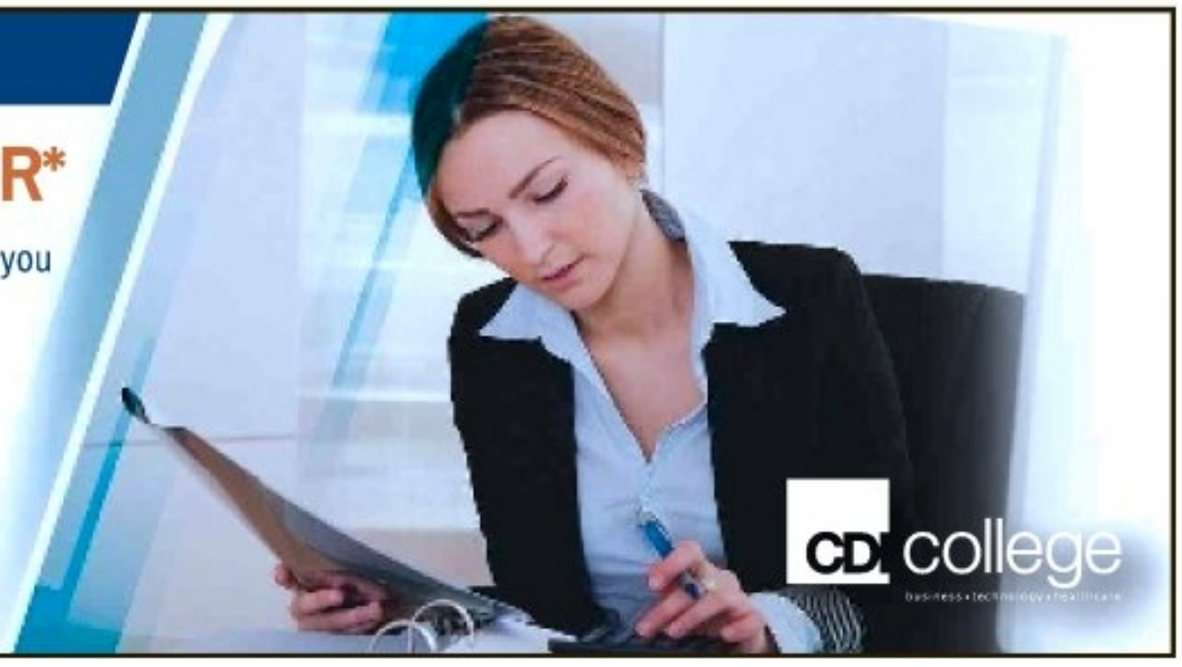

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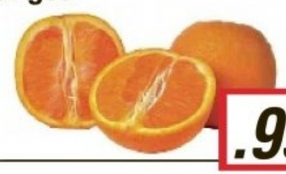

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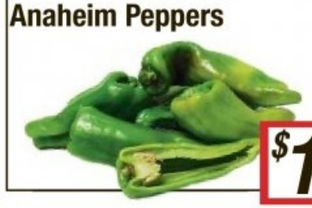

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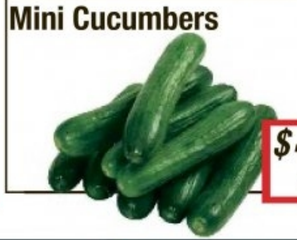

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People stand near bodies of people who were killed at the al-Zaydiya security headquarters, that were destroyed by Saudi-led airstrikes, Saturday. ABDOO ALKARIM ALAYASHY/ASSOCIATED PRESS

Yemen death toll climbs

MIDDLE EAST

Saudi airstrike kills at least 20 political prisoners

The death toll in an airstrike by the Saudi-led coalition on a prison complex in western Yemen has risen to 58, security officials said on Sunday.

Abdel-Rahman al-Mansab, a security chief of the district of al-Zaydia in the Red Sea port of Hodeida, said most of the dead in Saturday's airstrike were prisoners. They were among a total of 115 inmates who were serving jail terms for misdemeanour crimes or who were still in pre-trial detention.

The city is under control of Yemen's Shiite Houthi rebels, who seized the capital and much of the northern region in 2014. The Houthi takeover has forced the internationally recognized government to flee the country and request military intervention by neighbouring Gulf states, which have carried an extensive air campaign in Yemen since March last year.

The conflict has left more than 10,000 dead and injured and displaced nearly three million Yemenis while pushing the Arab world's poorest nation to the brink of famine.

Rights groups have accused the coalition of systematically carrying attacks on civilians.

On Sunday, the Saudi-led coalition said the prison complex is used as a command centre for Houthis.

Al-Mansab denied that, saying it is a "civilian" site and added that the complex came under three airstrikes that killed the inmates along with rescuers who came to help the injured. He said there were still bodies under the rubble.

Yemeni officials said at least 20 of the victims were anti-Houthi political detainees who were rounded up over suspicions of co-operating with the coalition.

Al-Mansab also said that the complex has two prisons, one for women and one for men, but there were no female inmates at the time of the attack. "When I went there, I saw a pile up of charred bodies beyond recognition. They were burned to death," he said.

THE ASSOCIATED PRESS

IN BRIEF

Afghanistan's roads need government support: Report

A U.S. report says weak capacity, corruption, funding issues, and insecurity are limiting the Afghan Ministry of Public Works' ability to maintain Afghanistan's road infrastructure.

In a new report released Sunday, the U.S. government's Special Inspector General for Afghanistan Reconstruction says that without tangible Afghan government action to support needed reforms, the effective management of Afghanistan's road infrastructure will remain an elusive goal.

THE ASSOCIATED PRESS

ICELAND

Pirates capture treasured parliament seats

There was no Pirate takeover, but the upstart party managed to make waves in Iceland.

The country's party leaders were beginning meetings Sunday with Iceland's president to hammer out who will form the next government, after an election that produced big gains for the radical Pirates, but gave the largest bloc of seats to the centre-right Independence Party.

Some form of coalition government is certain since no party gained a parliamentary majority in an election overshadowed by public discontent over years of political turmoil.

The conservative Independence Party took 29 per cent of the vote and 21 of 63 parliament seats. Leader Bjarni Benediktsson said the party should be given a mandate by President Gudni Th. Johannesson to form a new coalition government.

Outgoing Prime Minister Sigurdur Ingi Johannsson of the Progressive Party said he would hand the president his resignation so that a new government can be formed.

The Pirates — anti-authoritarian advocates of direct democracy and digital freedom — almost tripled their vote share from five per cent in 2013 to 14.5 per cent, and will get 10 seats in Iceland's parliament, the Althingi.

The Left-Green movement, will also get 10 seats in a parliament that is shaping up to be evenly split between parties of the left and the right.

THE ASSOCIATED PRESS

Birgitta Jonsdottir of the Pirater (Pirate) Party. FRANK AUGSTEIN/ASSOCIATED PRESS

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TELECOMMUNICATIONS

'Zero rate' hearings may shift data plans

Canada's telecom giants go head-to-head this week at hearings that could result in a dramatic change to the way Internet is delivered across the country.

The hearings are being held as new figures show Canadians' appetite for data is ballooning.

The Canadian Radio-television and Telecommunications Commission (CRTC) review, being held in Gatineau, Que., stems from a complaint about Quebecor-owned Videotron over the way it bills customers.

The company launched an unlimited music streaming service in August 2015, allowing its customers to stream music from specific third-party services without it counting toward their monthly data cap, a practice dubbed as zero rating, also known as differential pricing.

The Public Interest Advocacy Centre complained the new service allowed Videotron to discriminate against other music-streaming services that were still subject to data usage fees.

Major service providers including BCE Inc. and Telus Corp. are in favour of the practice, arguing it results in more choice.

Rogers Inc., on the other hand, calls zero rating discriminatory, saying it limits competition.

93

The CRTC's report says **Canadians download an average of 93 GB per month.**

Non-profit digital rights organization OpenMedia says the argument against zero rating boils down to net neutrality: the notion that all wired and wireless Internet traffic should be treated equally. While seemingly arcane, the concept has real implications for how Canadians use the Internet, said OpenMedia.

"For Big Telecom customers, mean-spirited data caps, high prices, and extortionate overage fees all come as part of the package," said Open Media's Katy Anderson.

The CRTC's annual Communications Monitoring Report for 2016, issued last week, gave weight to the importance of the data cap hearings. It revealed that the average amount of data downloaded by Canadians has skyrocketed, with broadband usage increasing 40 per cent from 2014 to 2015, and Canadians downloading an average of 93 gigabytes monthly. Mobile data usage saw an increase of 44 per cent.

"With data usage surging 40 per cent in just a year, it's clear Canadians need relief from the punitively low data caps and extortionate overage fees that have characterized our market for far too long," said Anderson.

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IN BRIEF

Marriage, co-habitation contracts can be good investment: Expert

A romantic proposal or an invitation to move in with a partner may seem like an awkward time to start planning for a smooth divorce. But with nearly half of Canadian marriages ending before death does couples part, a pre-nup can help individuals emerge from breakups financially unscathed.

"Why wouldn't we do some advance planning?" asks Michael G. Cochrane, a partner at Brauti Thorning Zibarras in Toronto and author of "Surviving Your Divorce: A Guide to Canadian Family Law."

THE CANADIAN PRESS

European Commission President Jean-Claude Juncker, Canadian Prime Minister Justin Trudeau and EU Council President Donald Tusk at the signing ceremony of CETA at the European Council in Brussels on Sunday. AFP/GETTY IMAGES

Canada, Europe sign free trade deal at last

ECONOMY

Trudeau says the 'work is only just beginning'

Prime Minister Justin Trudeau revelled in a long-awaited moment Sunday as Canada's free trade deal with the European Union was signed, but not before recognizing the challenges ahead to bring it fully into force.

Trudeau expressed hope that the so-called provisional application of the deal — approved only by the Canadian and European parliaments, but not Europe's 28 states and myriad of regional governments — might happen within months.

That, said Trudeau, would result in 98 per cent of the deal coming into force. That's much higher than the 90 per cent estimate that most European and Canadian officials have said would accompany provisional application of the Comprehensive Economic and Trade Agreement, known as CETA.

Trudeau had initially expected to sign the deal in Brussels days ago, but the restive Belgian region of Wallonia nearly killed it because its opposition to the pact's investor-state dispute settlement mechanism gave it a veto under Belgium's complicated constitution.

After seven arduous years of negotiation, Trudeau joined presidents of the European Council and European Commission, Donald Tusk and Jean-Claude Juncker, and signed the massive 1,600-page pact and its accompanying strategic partnership agreement.

> **It's not just signing the accords, as difficult and important as that is. It's the followup.**
>
> Justin Trudeau

The road to full ratification remains long. After Trudeau and his EU counterparts took a moment Sunday to revel in the milestone, the prime minister was willing to acknowledge it would take more than ceremony to fully ratify the deal.

"The work is only just beginning right now," Trudeau said.

"It's not just signing the accords, as difficult and important as that is. It's ... the followup, that we continue to demonstrate and give tools to small and medium-sized businesses."

With the Liberals and Conservatives both favouring the deal, its approval will sail through Parliament.

But Europe is another matter.

The European Parliament must approve CETA, with approval expected to come in early 2017. However, the deal must be ratified by the EU's 28 countries and several more smaller regional governments such as Wallonia.

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HAVE YOU BEEN DIAGNOSED WITH BIPOLAR DISORDER?

People with bipolar disorder wanted for University of Calgary research study on the cognitive basis of mental illness. Any information collected is confidential. **Reimbursement for travel and food ($50).** This study has been approved by the University of Calgary Ethics Board (REB13-1138).

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metro VIEWS
Your essential daily news
Monday, October 31, 2016

URBAN ETIQUETTE **ELLEN VANSTONE**

THE QUESTION

I knew my boyfriend didn't want kids, but now all I want is a baby with him. I don't want to pressure him. What should I do?

Dear Ellen,

I'm 33 and my boyfriend is 40. He's the greatest guy I've ever met and no one has treated me better. I have a long history of awful boyfriends and failed relationships. So when I met him I was done with romance and only wanted friendship. I knew he didn't want kids (he has a 10-year-old and had a vasectomy) but since we were just friends, I was not thinking babies.

Then I fell in love with him. Now, after two years, all I want is a baby with him. I tried to end things and meet other guys but it didn't feel right and the guys I met didn't compare so we got back together. The time we spent apart made me realize I don't want kids just for the sake of having kids (or I would have kids already). I want a baby with him. I don't want to pressure him but I'm 33 and I'm so ready and I love him! I don't know what to do. Signed, So Confused

Dear So Confused,

Wow. You're in a tough situation and I feel for you. I'm not the sort of person who thinks everyone should have kids. But for people who unequivocally want to reproduce, being denied that experience can feel truly tragic.

If you were desperate to have a baby with or without this guy, I'd say go ahead, put your cards on the table, and let the chips fall where they may relationship-wise.

But your situation is a little different, since you say you don't want a baby for its own sake, but only if you can have one with him. I get that too. Unconditional love for your very own small mammal is a wondrous experience, and sharing that love is a joy you can't overestimate. But it does make your situation more difficult.

No doubt your friends have offered much useless advice. Count your blessings and settle for the relationship you've got. Or: If you have a baby, there's no guarantee you'll stay together and then you'll end up being a single mom instead of a woman in a relationship with the world's most perfect guy. Or: Get a dog. Etc.

I actually agree with all those suggestions. But I also sense you're in no state to accept them. So I'll be more practical.

In terms of etiquette, the answer is simple. Using emotional manipulation to pressure your boyfriend into parenthood (whether it's via vasectomy reversal or adoption) is not considerate or polite. Nor, I hope it goes without saying, is physical force. Rendering your boyfriend unconscious and hiring a back-alley doctor to secretly perform a vasectomy reversal is an absolute etiquette no-no.

Note also that emotional blackmail, like most morally indefensible behaviours, is never pragmatic. You could get a baby out of it, but the negative impact on your relationship might be irreversible and regrettable.

Assuming you have openly and thoroughly discussed this with your boyfriend, your choice seems to come down to: a) staying with him and not having a baby; or b) leaving him and not having a baby.

Either way, you're going to have to come to terms with some disappointment, and the sooner you deal with that, the happier you'll be in the long run.

Using emotional manipulation to pressure your boyfriend into parenthood is not considerate or polite.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Meet the millennials who are not so thrilled with Trudeau's first year

Last week, young protesters at the Canadian Labour Congress turned their backs on Justin Trudeau. I asked two young people — Zoe Luba, 22, a community organizer for the Association of Community Organizations for Reform Now (ACORN) of B.C., and Jerilynn Webster, 32, a rapper from Vancouver — to talk about how Trudeau was doing with young people.

Vicky: What did you think of the protesters?

Jerilynn: Justin Trudeau promised a lot of things and hasn't followed through or has been silent on issues. I really feel like young people are allowed to speak out against him. He hasn't been true to his word, especially through environmental issues like the Site C Dam approval and the LNG approval. Young people are very knowledgeable on climate change and the issues of what's happening in their communities.

Zoe: Any dissent from the status quo should be cherished. It takes a lot to put yourself out there and do something big like turning your back on the prime minister of Canada. It could lead to a lot of backlash.

Vicky: Do you share that sense of disappointment that people are now expressing?

Jerilynn: Yes. (Trudeau's) persona shines so bright. When he was approving projects that affect our environment — not just for First Nations but for all people — that's where the disappointment came in.

Zoe: I appreciate that he's going to First Nations reserves or marching in Pride but I hope that he recognizes that he's only doing those things so the next prime minister actually comes from those identities.... He paves the way. It's easier for him as a white straight cis man to do that. I hope he recognizes that.

Vicky: He's the minister for youth but he's ultimately the prime minister for the next three-plus years. What do you hope to see in Year 2 of his prime ministership?

Jerilynn: There need to be more programs for young people who want to be connected to their culture. I'm talking specifically about indigenous youth. There's a state of emergency for indigenous youth because they're committing suicides at high rates.... Residential schools took away our cultural songs, dances, ceremonies, land and language. So increasing indigenous language funds and youth programing that is connecting youth to those things that residential schools and the Canadian government took from indigenous people.

Zoe: Are we talking about realistically or in a perfect world? In a perfect world, he should remove Canada from the global capitalist system. But is that actually going to happen in the next three years? No.

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Rachel McAdams game for 'Mean Girls' sequel if Tina Fey is on board

Long may she reign on Netflix

TELEVISION

Biographical series The Crown hits all the right notes

Shinan Govani
For Torstar News Service

The Crawleys have nothing on the Windsors.

That was just one of my ascendant thoughts when making my way through the lavish new series The Crown, making its world premiere on Netflix Nov. 4.

Though many are a-purr about it being a substitute show for those who miss their regular dosage of Julian Fellowes — Crownton Abbey, if you will — it is and isn't.

Yes, you've got all the trappings of period porn — the jewels! The getups! The table-settings! A scene of galloping horses running along the sea against a soupy grey sky right out of a J.M.W. Turner watercolour!

And yet, this 10-part Netflix offering — written by Peter Morgan, who also scripted The Queen, with Helen Mirren — is more like the stepchild spawn of Downton Abbey and House of Cards.

Where Downton was always a Ferrero Rocher of a series — a place where family and hearth ruled the day, where even sad-emoji storylines saw love triumph and goodness reign — The Crown, tracking the earliest years of Queen Elizabeth II — is a darker chocolate still.

Its core subject is power — be it gender politics (a girl at 25 years old becoming, in 1952, the most famous woman in the world), the chessmanship of palace courtiers, the see-saw between her and Winston Churchill (who's in the winter of his life — and the first of 13 prime ministers, and counting, she'll come up against).

Another thing: in the way in which The Crown leeches off far-away-but-not-too-far history, it's the best such series since Mad Men, with some of the same nuance and empathy. (There is, for instance, one fabulous scene involving the elaborate pantomime involved in connecting phone lines, in an attempt to put in a call from the Queen's sister, Princess Margaret, to Her Majesty.)

And, OK, while I'm comparing other shows, let's just say that the way in which The Crown throbs with the tensions of social codes, broken at the breaker's peril — not to mention the insidiousness of emotional repression — it's dicier that anything you'll see on The Walking Dead.

Claire Foy nails the role of Queen Elizabeth II in both her girlishness and her steeliness, while bringing us the origin story of a woman who's been famous for longer than any other on earth. CONTRIBUTED

CORRECTION

Incorrect information appeared in the Friday, Oct. 28 Netflix horror movie roundup. Only three of the listed films are streaming in Canada. A new list has been posted at metronews.ca. METRO

OBSERVATIONS FROM THE CHEAP SEATS

1 Households, meet names

The ensemble is top-notch, The Crown providing a fresh crop of names we're going to be seeing a fair amount in the celebrity ecosystem. Claire Foy's eyes do a lot of work here, her Elizabeth II never better than when she is watching and being watched.

Matt Smith, who plays Prince Philip — the one-time navy cadet who must deal with kneeling to her at the coronation — is also a standout.

2 Sister, sister

Whatever psycho-warfare that went forth between Mary and Edith in Downton Abbey looks like positive child's play compared to the pas de deux between the Queen and her sis, Margaret, in The Crown. The latter, who eventually begins lashing out against the monarch both to her face and through subtle digs through the press, has to live in the Queen's proverbial shadow. Vanessa Kirby, who plays Princess Margaret, is on point.

3 In exile, a former king

The first few episodes of The Crown are best viewed as kind of sequel to The King's Speech. It all gets going, that is, with King George VI, played by Jared Harris, on the throne, his health slowly fading.

Meanwhile, the ghosts of a previous world-stopping scandal — when Edward VIII abdicated the throne some 16 years prior in a desire to marry American divorcee Wallis Simpson — looms in the corners. Both Edward and Wallis show up, and the two of them begin acting as a kind of Greek Chorus on the goings-on at Buckingham Palace. The hate, meanwhile, is mutual.

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Caviar dreams on a tuna can budget

Buying based on the label is not a smart idea, advises Gail Vaz-Oxlade. ISTOCK

SPENDING

The lure of the label is causing many to go into debt

Gail Vaz-Oxlade
For Metro Canada

There's a trend among folks to define themselves by the brands they buy. The people fall for brand names, and they fall hard, whether it's a designer handbag or a hot new piece of technology.

It seems these people's self-esteem is less about what's inside and more about how they can get other people to admire — or is it envy — them.

Designer labels were once the domain of the wealthy, but easy access to credit has let people buy crap with a label they really can't afford and still pay their rent.

If they had to choose, I wonder how many would have opted to spend their monthly food allowance on a high-priced brand? But later, as their disposable income is eaten by monthly payments, they beat their breasts and wail about the mess they've made.

So why are people willing to go into debt for the dubious pleasure of saying that they own a specific brand? Could the lure of the label be more than just a case of "Wannabe Wonderful"?

From the Institute of Education at National Sun Yat-Sen University in Taiwan comes research that demonstrates brands matter to people's egos. And it's not just the young who are susceptible. In one experiment, seniors were asked to compose resumes on Macs, some with generic keyboards and some with Apple accessories. Y'know what? Those assigned to the computers with generic accessories expected to make less ($976) than those who used the Apple accessories ($1,071). What's up with that?

In a second experiment, after completing complicated dating profiles, students were given the phone number of their "match" and a phone in which the battery was dead. Researchers gave half the students a generic replacement battery and the other half a brand-name battery. After five-minute phone calls, students were asked to rate, on a scale of 1 to 7 (1 being "least attractive" to 7 being "very attractive"), how they thought their matches would rate them. Those using the generic product rated their attractiveness at an average of 3.7; the brand-name group rated themselves at 4.6.

Have we become so brand-focused that the kind of battery we use impacts our self-perceptions? Wow.

And how do we protect our children from this phenomenon? I know I don't want either of my kids to believe that they can buy a sense of self. I want that sense of who they are to come from what they achieve and how they interact with the world. I want them to know who they are. I want them to be happy and I want their stuff to play no role in defining them.

For more money advice, visit Gail's website at gailvazoxlade.com

$ MONEY

Making choices

Are you a brand hound? Does the label matter so much that you wear it like a badge of honour? And do you spend money you could be saving for your future to impress others and, perhaps, yourself? Some brands come with quality assurance. Some are simply a signal to others that you're special because you can afford the label. But if you can't actually afford the label — if you're buying anything on credit — then the image you're creating is a lie. And you should stop lying, at least to yourself.

GAIL VAZ-OXLADE/FOR METRO

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Debating when to screen kids' screens

EARLY DEVELOPMENT

Pediatricians, parents discuss the time to shut devices down

Sometimes working mom Monica Urrutia just needs a break.

After a full day at work, the busy mom admits to putting her three-year-old in front of a television or handing him a tablet to keep him occupied while she races to pull together dinner.

It's a daily habit that has made the boy an expert at navigating various apps on his own, and demanding additional screen time when it's time to do other things.

"Sometimes it becomes that battle of wills," admits the Vancouver mom, who would like to limit his screen exposure but says reality often gets in the way.

"If you can't afford to have a babysitter come and you need to get something done in the house, it is kind of your helper, unfortunately."

New guidelines recently released by the American Academy of Pediatrics seem to recognize that. The organization has loosened its view on how much time kids should spend in front of a screen, even allowing limited use for infants.

The overall goal is still to reduce screen time as much as possible, but more focus is shifting to what kids watch and how — especially younger viewers who should watch with a caregiver who can explain what they're seeing.

"They are very similar to what our guidelines are shaping up to look like," Dr. Michelle Ponti says of the Canadian Paediatric Society's position. Ponti is chairwoman of the task force refreshing Canadian guidelines that haven't been updated since 2012.

She says the U.S. guidelines are a good reference until Canadian-tailored data is made public, acknowledging that much has changed with technology.

While current Canadian guidelines discourage any screen time for babies younger than two, the new American recommendations allow those younger than 18 months to take part in video-chatting.

Canadian medical experts are weighing in on new U.S. guidelines on how much time kids should spend staring at screens, including televisions, computers, phones and tablets.

THE CANADIAN PRESS/AP/MORRY GASH

Both sets of guidelines agree toddlers aged two to five should watch no more than one hour per day of video, and it should be high-quality programming.

When it comes to kids older than five, Canadian guidelines cap recreational screen time at two hours a day, while the U.S. guidelines removed hourly limits for kids aged six and older.

Instead, the American academy encourages parents to set their own limits on various types of media, as long as screen use doesn't interfere with sleep and physical activity.

Ponti agrees with that strategy, noting it can work against families to fixate on a hard number.

"We want to take the focus off exact numbers and months and rather focus on limiting the use (for) best, healthy practice. Less is more. I think that's going to be one of our main messages," she says, noting escalating screen use comes as child obesity rates increase. "It's become a go-to strategy for all of us — the child is acting out, a parent whips out the smartphone and quickly the behaviour settles."

Matthew Johnson of the Ottawa-based advocacy group MediaSmarts also disputes the common perception that interactive devices are less harmful than passive ones.

"Unfortunately with the youngest age group that really isn't true," says Johnson, also a member of the Canadian Paediatric Society's digital task force.

"Even if they're not watching it actively, it's drawing some of their attention, it's distracting them from interacting with other people or from creative play and in the long-term it's teaching them bad habits around media."

Urrutia says she and her wife don't have strict time limits for their son, focusing more on content, especially the need to limit commercials.

But she says it can be hard to keep track of all the time he spends on various devices, especially between two working parents.

"Are you parenting or are you policing? That's my main challenge," says Urrutia.

THE CANADIAN PRESS

> **It's become a go-to strategy for all of us — the child is acting out, a parent whips out the smartphone.**
> Dr. Michelle Ponti,

TIPS FOR CAPPING SCREEN TIME AT HOME

1 Set limits

Avoid screen time before the age of two and encourage good media habits from the start.

The sooner you create limits, the easier they will be to maintain.

2 Look at your habits

How much time do you spend behind a screen each day? Your child learns from your behaviour, so it might be time for a change.

3 It's all about balance

Encourage a balance between screen time and other activities like sports, hobbies and outdoor play. This is something they can do on their own, or you can do as a family.

4 Time to disconnect

Choose a time of day to be "family time," when no one is distracted by screens. Ask your kids to give you their phones at a specific time so they learn ho to be disconnected at night.

5 Get involved

Use media with your child. Learn what they enjoy and talk to them about it. The more you are involved in your child's online life the more you can help them make safe choices.

SOURCE: THE CANADIAN PAEDIATRIC SOCIETY, JUNE 2011

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Reading Rainbow for the digital generation

EDUCATION

Longtime host credits online campaign for show's revival

More than three decades after the Reading Rainbow program began, **LeVar Burton is now focusing his efforts to promote literacy in the digital realm.** AP PHOTO/PABLO MARTINEZ

Take a look, it's in a book — and on a computer, tablet and phone: A Reading Rainbow.

More than three decades after the program to encourage reading among children first aired on PBS, the show's longtime host, LeVar Burton, is now focusing his efforts to promote literacy in the digital realm.

"This gets us to more access," Burton said. "Reaching every child, everywhere."

Reading Rainbow was produced for television from 1983 to 2006 and became an iPad app in 2012. But Burton credits a successful 2014 Kickstarter campaign as a key point in the show's revival.

"As a result of the Kickstarter, we were able to bring the entire library service over to the web and develop a product specifically for teachers to use in the classroom," Burton said.

The 105,857 backers who pledged a total of $5.4 million through the crowd-funding site set a record at the time for the most individual contributors. Seth MacFarlane, the TV and movie writer-producer-actor whose credits include Ted and Family Guy, added another $1 million.

> We were able to bring the entire library service over to the web and develop a product specifically for teachers to use in the classroom. LeVar Burton

"It was really a people's movement," Burton said. "And that was pretty humbling to see in action how much people loved Reading Rainbow and wanted to see it continue, wanted to see it go on and have a similar impact for a whole new generation of kids."

As an actor who starred on seven seasons of Star Trek: The Next Generation, followed by four movies featuring the same character, Burton is a regular at science fiction conventions around the country, but he said many fans — both parents and children — want to talk about Reading Rainbow just as much as Star Trek.

The Reading Rainbow Skybrary is a subscription service that includes an interactive library of 1,000 digital books and 250 video field trips. The service was initially geared toward families, but the Kickstarter campaign funded the development of a program designed for teachers to use in their classrooms.

The paid service includes 26 weeks' worth of handouts, lesson plans and a teacher dashboard, and the Kickstarter contributions led to thousands of free subscriptions for needy schools.

THE ASSOCIATED PRESS

NEW MAGAZINE

First Nations voices rising to occasion

Cara McKenna
For Metro

It was only about a year ago that a group of young indigenous activists from Winnipeg decided to launch Red Rising Magazine.

Since then, the volunteer-run publication has become a growing platform for Aboriginal people, Canada's fastest growing demographic, to have an uncensored voice away from the mainstream media.

Now its founders are bringing their message west.

The first three issues of Red Rising Magazine were released via events in Winnipeg, but this time, the group raised enough money to hold issue No.4's launch in Vancouver.

On Oct. 22, about 100 people gathered at the Vancouver Aboriginal Friendship Centre Society to celebrate the new issue of Red Rising with coffee, bannock and presentations from local indigenous creators.

Red Rising co-founder Lenard Monkman said he sees too many negative news stories about Indigenous people, and his team's goal is to give Canadians, particularly youth, a more realistic and positive perspective.

"What we're trying to do is shift the narrative of what our community actually looks like," said Monkman.

"Yes there's ... (negative) stuff that the media has taught you about indigenous people, but there's also so much more we have to offer."

Red Rising is released quarterly and provides a forum for indigenous artwork, poetry and essays that are regularly submitted to the magazine.

At the launch of issue No. 4, which has content around the theme "storytelling as resistance," several indigenous people from B.C. spoke, performed, or made presentations.

Valeen Jules, who is of Kwakwaka'wakw and Nuu-chah-nulth descent, read out poetry about her discontent towards colonialism, her love of children and babies, and time she spent living on the streets as a teen.

"Healing is definitely one of the biggest reasons why I use poetry, as a young indigenous woman," she pointed out.

Monkman said the Red Rising team recognizes the power of showcasing the voices of indigenous youth, which is why they are making an effort to do presentations in schools in order to encourage and recruit writers and artists. Khelsilem, who lives in Vancouver and is from Squamish Nation, spoke about a need for indigenous-controlled media in his city and beyond.

"We will always be at the mercy of other people's expectations of our people, when they're the ones controlling (our) stories," he said.

"When we take control of our ability to tell our stories, when we want it, why we want it, how we want it, then we determine what the possibilities are for our people."

Red Rising is currently accepting submissions for its fifth issue around the theme of love, in any of its forms, before Dec. 10.

They are hoping to raise enough money to launch that issue in Toronto.

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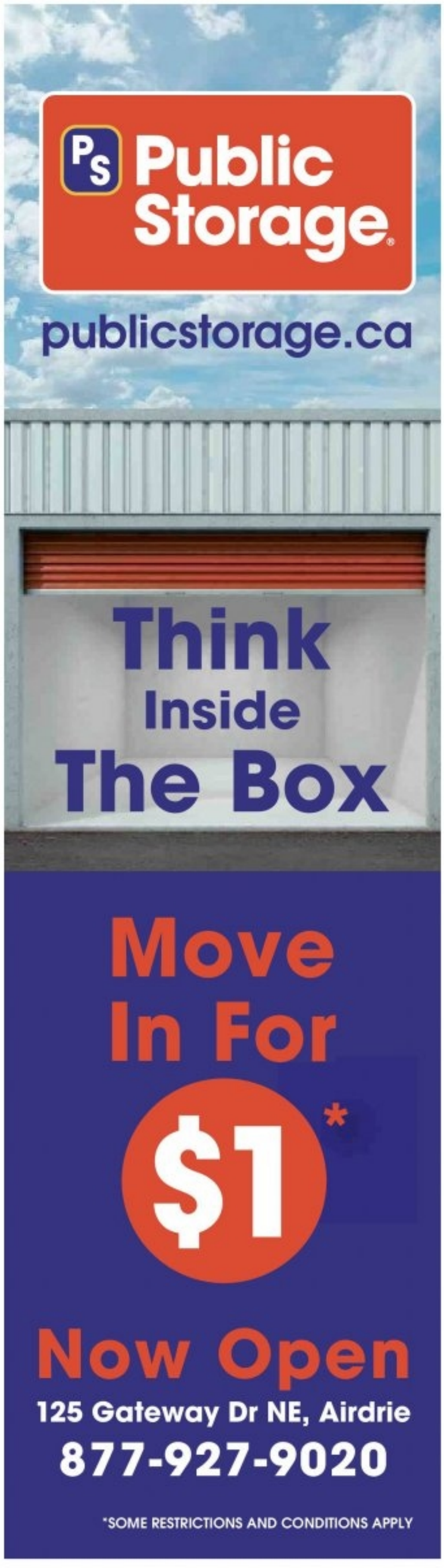

Adding a bit of cuddling to college cramming

RELAXATION

Puppy therapy has become a popular way to reduce stress

Amy Logan
For Metro | Vancouver

On these dark, rain-soaked days, as deadlines and exams pile up, the life of a student may seem almost unbearable. With little time for self-care, college and university students are often overwhelmed and under-slept. That's where the puppies come in.

Puppy therapy, long a staple in hospices and hospitals, is becoming an increasingly popular way to help students cope with stress. Line-ups for on-campus puppy rooms often go out the door. Petting and snuggling with a friendly canine is often the quickest fix for stress, loneliness and anxiety.

Numerous studies have shown that dogs have a strong impact on mental and physical health.

As Tara Doherty, communication manager for Burnaby based PADS (Pacific Assistance Dogs Society), noted, "Dogs have an extremely tangible effect on stress levels, including lowering cortisol and increasing serotonin."

PADS, which raises, trains and supports certified assistance dogs, connecting them to those living with disabilities as well as community health workers, is just one of the local organizations offering puppy therapy.

Their biggest need, according to Doherty, is to find puppy raisers who are willing to "attend events, and take the dogs out into the community, no experience necessary."

After the success of PADS' initial puppy therapy sessions at SFU, they have since offered their program to BCIT, Douglas College, Columbia College, and numerous smaller colleges.

> **Dogs have an extremely tangible effect on stress levels, including lowering cortisol and increasing serotonin.**
> Tara Doherty

Studies have shown that dogs have a strong impact on mental and physical health, including lowering the body's stress hormones and boosting feel-good serotonin levels. COURTESY PADS

The program has "taken on a life of its own," said Doherty, offering exposure, and "great socialization for the dogs."

With her own daughter at university now, Doherty recognizes how stressful it is to be a student. What's important, she said, is to "support young people during a challenging part of their lives." She remembers choking up after overhearing a puppy therapy participant saying that it was the best day of her whole year.

UBC has hosted several puppy therapy sessions. This fall, partnering with Vancouver ecoVillage which has an intensive therapy-dog training program, the department of psychology and the UBC Alma Mater Society will offer students a chance to experience the healing powers of dogs.

At UBC's Okanagan campus, B.A.R.K. (Building Academic Retention Through K-9s), now in its fifth year, "serves to reduce stress and homesickness by providing students access to therapy dogs," said director Dr. John Tyler Binfet.

B.A.R.K. offers a drop-in program with 15-17 dogs a session, a weekly BARK2GO program with dogs stationed around campus, and a Wag and Walk program encouraging students to take a therapy dog for a walk around campus.

B.A.R.K. not only serves as a community service but also as a "research hub."

In addition to Binfet's studies on the effect of canine therapy on student well being, undergraduate and graduate students conduct lab research.

One student recently completed a study examining bonding between dogs and children with autism spectrum disorder.

B.A.R.K. research has also found "significant reductions in students' self-reports of homesickness and stress stemming from spending time with therapy dogs," said Binfet.

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YOU CAN DO THIS IT SPECIALIST

'Technology makes me happy'

WHY I LIKE MY JOB

Steven Murray, 26, Operations IT Specialist at Veridian Connections

My first stint in the IT industry involved fixing computers for friends and family. That eventually developed into a small side business while I studied the computer programmer analyst program at Durham College. During my final year of studies, I signed on with Veridian Connections for a 12-month internship, which naturally led to a full-time position.

My duties now involve supporting Veridian's powerline technicians with the use of their computer tablets. I helped design the system called 'Mobile Workforce Management,' which the technicians now use to inspect equipment and to coordinate the movement of Veridian assets in the field. I also work closely with our GIS (Graphical Information System) group. They are responsible for inputting engineering drawings into the database to be viewed by the company.

I enjoy working in this field because it allows me to be creative in finding solutions to problems. Also, there's an amount of pride that comes along with knowing the software I'm creating will be used by many people for years to come. In general, helping people with technology makes me happy.

THE BASICS: IT Specialist

$48,691

Median annual salary for an entry-level IT specialist. Many professionals move on to senior roles as IT Manager or IT Architect, generating a minimum of **$61,000** per year.

+9%

Projected job growth rate over the next **eight years.**

Data for this feature was provided by payscale.com, senecacollege.ca, canadiancollege.com and onetonline.org

HOW TO START

Although a bachelor's degree in computer sciences or information systems will go a long way, there are a variety of two-year diploma programs that train students in system diagnostics, data communications, applied Internet technology and general technical support. Popular programs include computer programming, database application development, and computer networking and technical support.

WHERE YOU CAN GO

Whether a start-up or large corporation, most employers are actively seeking service specialists, network technicians and IT administrators to provide support. Candidates with strengths in customer service, programming, network configuration and software development can expect to connect with exciting careers in banks, consulting firms, government agencies and manufacturing plants, to name a few.

NEXT CAREER STEP

Current and aspiring IT specialists should consider researching and learning the following to keep up with today's ever-changing labour trends: Database user interfaces and query software (MS Access, MySQL), operating systems and networking software (Cisco IOS, Linux, Microsoft) and web platform development software (Apache Tomcat, Drupal and JavaScript). Of course, these are only a handful of examples — new technologies, languages, software and hardware are constantly emerging.

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JOHANNA SCHNELLER WHAT I'M WATCHING

Beauty in the schadenfreude

THE SHOW: Mascots
THE MOMENT: The specialty channels

New mockumentary Mascots stars Sarah Baker as Mindy Murray, shown here squaring off against husband Mike (played by Zach Woods). CONTRIBUTED

The World Mascot Competition is happening in Anaheim, CA, and Upton French (John Michael Higgins) might air it on his Gluten Free Channel. "It's owned by Panorama Data Com," he tells the camera. "I've done a bunch of shows for them, starting with the sailing networks, SN1 and 2."

SN1 went under after Santa Claus drowned during a live telecast. "But I licked my wounds and kept going," French says to the Varicose Vein Channel, then to FRC, "the fence and railing channel. That played well with women."

"We love the bad guys," pipes up French's protégé, Jessica Mundt (Maria Blasucci), who worked on the Elevator Channel and the "hit show" Does That Smell Normal?

Writer-director Christopher Guest has rounded up his usual suspects (Parker Posey, Bob Balaban) and some newcomers (Zach Woods, Chris O'Dowd) for another faux-documentary on the outer fringes of show biz — this time, the anonymous zealots who toil inside mascot costumes.

Don't mistake familiar for easy, though. The brilliant cast delivers deadpan gems about our collective need for fame — or at least acknowledgment — which, thanks to social media and the multi-channel universe, has only intensified since 1996's Waiting for Guffman.

As always, Guest finds poignancy in folks like Phil (Christopher Moynihan), who dons a nonsensical Plumber costume to boost a football team. "For me, it's the sound of the crowd," Phil says.

"You can't really hear it inside the head, but you can hear that there is a sound. The sound of that sound — that's the greatest sound in the world."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

COMEDY

Myers remains an unapologetic Canadian

At his home in New York, Canadian comedy star Mike Myers has a map of North America on the wall so his three young children can learn about his roots.

"Each state is its own colour and Canada is just this pink blob," he says. "I've taken to, as best I can, draw the provinces on with a magic marker and go, 'This is where dad is from.'"

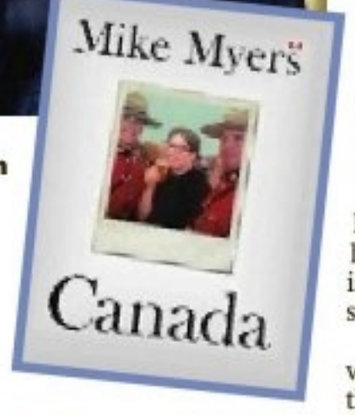
Despite having lived outside of Canada for 33 years, the 53-year-old Toronto native says he thinks about the country "every day," has referenced it in his work, and often travels here to visit his mother and brothers.

So when Penguin Random House asked if he'd like to write a book on his relationship with his home and native land to commemorate its 150th birthday, he thought: "I guess in a weird way, I've sort of been writing a book for 53 years, collecting thoughts and whatnot."

Canada, on shelves this weekend, is a treasure trove of all things Canuck as Myers documents his life and offers humorous and thoughtful reflections on the country — from its history to its pop culture and unique brands.

Growing up in the Toronto suburbs of North York and Scarborough, as the youngest of three boys with English parents, Myers writes that he loved soccer, the Toronto Maple Leafs, heavy metal and punk music.

Actor Mike Myers and his wife Kelly arrive for a State Dinner for Canadian Prime Minister Justin Trudeau.
THE CANADIAN PRESS/AP/ANDREW HARNIK



Myers went on to act in commercials and a couple of Canadian TV series, including The Littlest Hobo, before getting his start in standup and improv comedy.

It was while at Second City Toronto that he got a call from fellow Canadian Lorne Michaels to be a featured performer and writer on Saturday Night Live. There, he introduced viewers to his Wayne's World character Wayne Campbell, a rock lover with a distinctly Canadian accent that Myers couldn't shake.

"Kevin Nealon used to make fun of me all the time," says Myers. "Every sentence started with 'In Canada?' and always ended with 'Sorry.' He had an impression of me for two years. I didn't know he had it and I busted him on it. I was like, 'God, have I been reduced to, 'In Canada? Sorry.'

Myers has gone on to inject Canadian-isms into several of his projects over the years, including the Wayne's World movies as well as his Austin Powers characters.

"I did on Saturday Night Live as well," he says. "It was just something that you can't help.

"Canada has shaped me and, as I say in the book, I'd be nowhere without it."

Myers also writes how Canada has struggled with its identity and self-image over the years.

"I think Canadians really know who they are. They may not know why we are," he says.

But he's hopeful that will change under the government of Prime Minister Justin Trudeau.

"This election to me was very heartening that I think we may have found why we are, which is we're a collection of progressive ideals," says Myers.

"That's why I'm so hopeful with Prime Minister Trudeau, the junior, as I was a fan of Pierre Trudeau."

Myers met Trudeau in March at the White House state dinner and says he feels he can "continue the eloquence, continue to elevate the conversation" in the tradition of his father.

"We are poised to be the future," says Myers, "a high literacy rate, low crime rate, just a collective understanding of inclusion. THE CANADIAN PRESS

ENSURING 'ENOUGH FOR ALL' IN CALGARY'S FUTURE

A diverse group of Calgarians and social agencies in the city are coming together with a new approach to fighting poverty and the goal of reducing Calgary's poverty by 50 per cent in the next seven years.

Based on the philosophy that there is already enough for everyone to thrive in the city, the Enough for All strategy aims to redirect, coordinate and build on existing resources in the community rather than seek new ones.

It also encourages the public to learn more about the causes and impacts of poverty to help reduce the isolation and discrimination experienced by those in it, and enhance our ability to work together to eliminate the root causes. Enough for All believes that by educating and challenging current perspectives, Calgarians will make poverty reduction a high priority by 2018, and potentially have the means to halve it by 2023.

Poverty is a serious issue in Calgary, and it's getting worse. One in 10 Calgarians live in poverty; one in five is concerned about not having enough money for food and a full third of people in the city worry they don't have enough money for housing. Poverty negatively impacts high school completion rates, childhood development, accessing and maintaining employment and overall health and well-being.

Mayor Naheed Nenshi speaks to the crowd at the Enough for All campaign launch about reducing poverty in Calgary. CONTRIBUTED

"In our community, we understand the basic truth that our neighbour's success is our success," says Mayor Naheed Nenshi. "However, that also means our neighbour's failure is our failure. We all need to take action to fight poverty now, and this campaign helps citizens discover what they can do to make a real and positive difference."

Enough for All is aimed at removing barriers, reducing the stigma attached to poverty and encouraging Calgarians to share their ideas and take action.

"A collection of Calgarians, from all walks of life, have said enough is enough," says Franco Savoia, the executive director of Vibrant Communities Calgary. "Great cities, those that prosper and are world class, are cities where everyone comes together and looks after their neighbours."

What is Enough for All?

Enough for All is based on 15,000 hours of consultation with the public, business community, government, non-profits and academia. It is a joint initiative by the City of Calgary, the United Way of Calgary and Area, Momentum and Vibrant Communities Calgary. Visit EnoughForAll.ca to share your thoughts and get other ideas on how you can help ensure there is enough for everyone in Calgary.

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Let's commit to ending poverty in our community. Wear a ring to show your support for the 1 in 10 Calgarians living in poverty. Together, we can make sure there's enough for all.

Raise your hand and join the cause at EnoughForAll.ca

metro SPORTS

Gareth Bale's contract extension with Real Madrid will make him the highest paid soccer player at a reported 150M euros over the next six years

Stampeders fall short of win record as Als prevail

CFL

Calgary's hot streak ends after arrival of pivot Cato

SUNDAY in Montreal

17	8
ALS	STAMPS

At this point in the season the Montreal Alouettes aren't playing for wins, they're playing for their careers.

Montreal stunned the league-best Stampeders 17-8 at Stade Percival Molson on Sunday, snapping Calgary's 14-game winning streak in the process. Rakeem Cato came into the game in the third quarter after starter Vernon Adams went down with a left-thigh injury. He threw for 113 yards and a touchdown and ran for another 75 yards in relief.

"Our job is on the line," said Cato, who did not start for the Als last week in Saskatchewan. "Every game we go out there we understand that, even if we're not in the playoffs, there's something up for grabs. We're playing for our jobs for next season and we're trying to showcase our talent across the league."

> **We are playing for our jobs for next season.**
> Alouettes QB Rakeem Cato

Adams got hurt two plays into the third quarter after being tackled by Calgary defensive back Brandon Smith.

Head coach Jacques Chapdelaine said Adams' injury was not serious, but he could not guarantee the young QB would be available for Montreal's season finale in Hamilton next week.

Cato came into the game and scored a touchdown on his first drive to make it 14-5. He found Tiquan Underwood in extremely tight coverage in the end zone for a 37-yard touchdown — Underwood's first TD of the season.

"Hats off to the offensive line," said Underwood, who finished with 77 receiving yards. "They did a great job giving Cato time and he threw a perfect pass. I didn't have to do much. He put it in a perfect pass where they couldn't make a play."

The Alouettes (6-11-0), which were eliminated from playoff contention last week, got back-to-back wins for the first time this season. The Stampeders (15-2-1), meanwhile, who hadn't lost since June 25, failed to tie the single-season CFL wins record. QB Drew Tate started in relief of Bo Levi Mitchell and went 22 for 37 for 218 yards and two interceptions for Calgary. Tate blamed himself for his team's loss. "I wish I could have done better," he said. "There were a lot of throws I wish I had back. And it just didn't work out today."

The start was Tate's first since the final game of the 2015 CFL season. Mitchell got the day off with the Stamps having already clinched a first-round bye and home-field advantage in the West Division final. "We play for rings, not records," said Tate of the failed attempt to tie the 1989 Edmonton Eskimos' 16-win season. "We don't get paid off records, we get paid when we win."

Montreal scored an abysmal minus-six yards of offence in the first quarter but the home side turned things around in the second. The Als put together a 95-yard drive capped off by a two-yard touchdown run by Brandon Rutley to go up 7-5. The drive was highlighted by a 27-yard reception by Underwood, two big catches by Nik Lewis and 29 yards rushing by Adams.

Down 17-8, Calgary attempted to mount a comeback late in the fourth but gave the ball away on downs at Montreal's nine-yard line. This is the first time this season the Stamps failed to score a touchdown in a game.

THE CANADIAN PRESS

Montreal Alouettes linebacker Nicolas Boulay, left, tackles Calgary Stampeders running back Tory Harrison during first quarter on Sunday. THE CANADIAN PRESS/RYAN REMIORZ

NFL IN BRIEF

Redskins and Bengals tie

The Washington Redskins and Cincinnati Bengals played to a 27-27 draw Sunday in London as the NFL got its second tied game in a season for the first time since 1997.

Washington (4-3-1) appeared to have the game won with 2:13 left in overtime, but Dustin Hopkins hooked his 34-yard field goal attempt wide left and Cincinnati (3-4-1) held on for the draw. THE ASSOCIATED PRESS

New Orleans edges Seattle

Drew Brees passed for 265 yards and a touchdown and scored on a quarterback keeper as the New Orelans Saints defeated the Seattle Seahawks 25-20 on Sunday.

The win wasn't assured until New Orleans' much-maligned defence came up with a stop on Seattle's final drive. Russell Wilson took the Seahawks (4-2-1) to the New Orleans 10, where on one final play he passed into the end zone but didn't connect. THE ASSOCIATED PRESS

Falcons edge Packers

Matt Ryan threw an 11-yard touchdown pass to Mohamed Sanu with 31 seconds remaining, rallying the Atlanta Falcons to a 33-32 victory over the Green Bay Packers on Sunday.

The Falcons (5-3) snapped a two-game losing streak after Aaron Rodgers put the Packers (4-3) ahead with his fourth TD pass of the game.

THE ASSOCIATED PRESS

Bullpens getting busier

WORLD SERIES

Relief pitchers seeing more action than ever with stakes high

Managers head to the mound and point to the bullpens so often in the post-season, it wouldn't be surprising if they need Tommy John surgery.

Complete games have gone the way of spittoons, flannel uniforms and pregame infield practice. An average of 9.32 pitchers were used in this year's post-season games heading into the World Series, according to the Elias Sports Bureau, up from 8.16 in the 1996 and 5.70 in 1986. Matchup madness rules.

"A lot of it is just to protect your butt, that somebody else might have the information, so I better make sure that I make the move that they know I should be making instead of the move that I know I should be making," former big league manager Bobby Valentine said.

All those pitching changes contribute to World Series games turning into the late, late show.

After using a relative restrained three pitchers to win the opener 6-0, Cleveland sent seven to the mound for a 5-1 loss to the Chicago Cubs in Game 2, and they needed 196 pitches to get 27 outs. The nine innings took 4 hours, 4 minutes to play.

6

This year, Chris Sale of the Chicago White Sox topped the big leagues with six complete games.

Through the league championship series, nine-inning post-season games averaged 3:22, up from 3:14 last year. The first four games of this year's World Series averaged 3:38. Much of that time has been for trips to the mound.

"In the past you were looking for five really good starters. That's always your focal point," Toronto manager John Gibbons said. "Things have definitely changed but you can go back the last couple of years and look at the Royals, and the big talk was how they had those three guys late, actually four guys. The starter would go five or six innings and they would just turn it over to those guys. A lot of teams are trying to do the same."

Cleveland manager Terry Francona has used ace bullpen arm Andrew Miller in the middle of games to shut down opponents.

"Right now matchups are en vogue, there is no question," Cubs manager Joe Maddon said. "They've been getting more and more that way over the last couple years." THE ASSOCIATED PRESS

CUBS TRY TO CLING ON WITH CLEVELAND Chicago Cubs first baseman Anthony Rizzo reaches for a ball that bounced off catcher David Ross during the second inning of Game 5 on Sunday. NAM Y. HUH/THE ASSOCIATED PRESS

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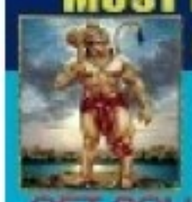

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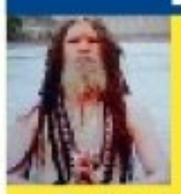

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NHL

Crawford helps to keep Kings at bay

Corey Crawford made 32 saves, Jonathan Toews and Marian Hossa each had a power-play goal and the Chicago Blackhawks beat the Los Angeles Kings 3-0 on Sunday night.

Artem Anisimov also scored to extend his career-best point streak to seven games.

Toews got his first goal of the season — the Chicago captain had just three assists in the Blackhawks' first eight games. Hossa scored into an empty net with 1:10 remaining. Peter Budaj made 26 saves for Los Angeles. Hossa was honoured in a pregame ceremony for becoming the 44th player with 500 goals, a milestone he reached on Oct. 18. THE ASSOCIATED PRESS

SUNDAY in CHICAGO

3	0
BLACKHAWKS	KINGS

IN BRIEF

Sceviour scorches Wings

Colton Sceviour scored three goals — one at even strength, one on the power play and one short-handed — for his first career hat trick and added an assist to lead the Florida Panthers to a 5-2 win over the Detroit Red Wings on Sunday. Vincent Trocheck had a goal and an assist and Jonathan Marchessault also scored for Florida. James Reimer made 34 saves. Dylan Larkin and Brendan Smith scored for Detroit. THE ASSOCIATED PRESS

PLAY Friday's Answers

from your daily crossword and Sudoku

4	3	5	7	6	2	1	8	9
1	8	2	5	9	4	3	7	6
9	6	7	1	8	3	5	2	4
6	9	8	4	2	5	7	1	3
2	1	3	9	7	8	6	4	5
5	7	4	6	3	1	2	9	8
3	2	1	8	5	9	4	6	7
8	5	6	2	4	7	9	3	1
7	4	9	3	1	6	8	5	2

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RECIPE Roasted Pepper Penne

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You know when you don't have time to make dinner? This is the meal you make. Enjoy the sweetness of roasted peppers, creamy cheese and satisfying pasta.

Ready in 25 minutes
Prep time: 10 minutes
Cook time: 15 minutes
Serves 6

Ingredients
- 500g penne
- 4 peppers (red, yellow and orange)
- 2 shallots, sliced
- 1/4 cup olive oil, plus 1 tbsp
- salt
- 1 large clove garlic
- pat of butter
- 1/2 cup shredded Asiago cheese (you can use parm too!)
- handful basil leaves, chopped

Directions

1. Preheat oven to 400 and prepare baking sheet with non-stick spray.

2. Dice peppers into bite-sized pieces and slice shallots into strips. Toss with 1 Tbsp of olive oil and salt. Roast in the oven until tender and browned, about 15 to 20 minutes.

3. In a big pot of salted water, prepare pasta according to package directions. Before draining, reserve 1/4 cup of pasta water.

4 Place drained pasta back into pot over no heat. Stir in reserved water, about 1/4 cup oil and butter. Using a micro plane, grate clove of garlic into the pasta. (while the pasta is hot so it cooks the garlic a bit.) Stir in the roasted peppers and cheese.

5 Stir in basil and then sprinkle the top with a bit more cheese, serve and enjoy!

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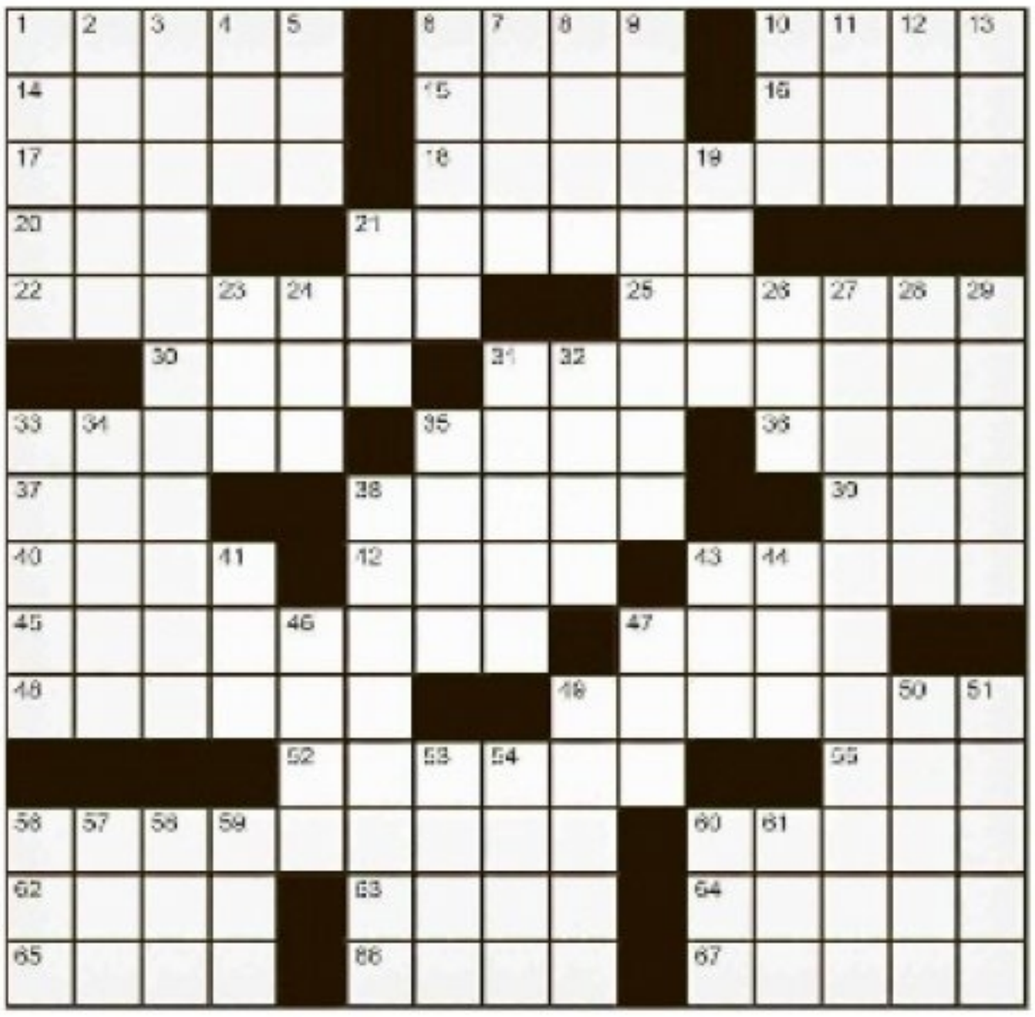
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. _-_'-lantern
6. Diane of "Something Wicked This Way Comes" (1983)
10. Mr. Stoker
14. Mistake
15. Tell _ _ (Deceive)
16. Creature in Jodie Foster's 1991 thriller
17. Rendezvous
18. "Halloween" (1978) star Donald
20. Faucet
21. False
22. Fred of "Ghost Story" (1981)
25. Halloween costume
30. Sky toy
31. Vampire's favourite colour: 2 wds.
33. "All kidding _..."
35. Cruel
36. Hurting
37. Ancient 300
38. Torch's topper
39. Not 'neath
40. "Happy Birthday to Me" (1981) dessert
42. Skeleton's forearm
43. Harold of "Ghostbusters" (1984)
45. Shakes with fear
47. _ and gore
48. _ killer
49. Ellen of "The Exorcist" (1973)
52. Appearances
55. Promise to pay
56. 2002 horror about a giant prehistoric killer shark
60. Not slashed
62. Wickedness
63. Flemish painter, Jacob van _ the Elder
64. Some sharks
65. Samhain celebrator
66. Utmost degrees
67. Annoying

DOWN
1. Volkswagen model
2. Tapestry wall hanging
3. "Monster Mash" bit: "...with their vocal group, 'The _-_ Five'."
4. Initials-sharers of Black Sabbath's famous lead singer's daughter
5. Supper fragment
6. Oversight
7. Ballet move, Pas _
8. Prie-_ (Prayer bench)
9. Sci-Fi horror of 1983 directed by David Cronenberg, based on Stephen King's novel, with The: 2 wds.
10. Wheat: French
11. Sprinted
12. "The Walking Dead" US airer
13. British honour [acronym]
19. "Weeell??"
21. 'Post' opposite
23. Help
24. 'Meteor' suffix
26. Pros in 1982 horror flick "Visiting Hours"
27. Witch transports
28. "Able was _ _ _ saw Elba." (Palindrome)
29. Broadway star Linda's of Jekyll & Hyde
31. Jelly _ (Sweet treats)
32. Priest of Tibet
33. Bank customers have them, e.g.
34. Frighten
35. 'Miss' in Paris [abbr.]
38. Werewolf's illuminator: 2 wds.
41. Record co.
43. Sci-Fi play
44. French actress in "The Da Vinci Code" (2006) ...her initials-sharers
46. Release-from-the-slammer payment
47. "Psycho" (1998) director Mr. Van Sant
49. Tendencies
50. "Did you survive??": 2 wds.
51. Pecan-ish
53. Just _ _ on the map
54. "Fancy that."
56. Li'l garage worker
57. All Hallows' _
58. Mr. Bellows of "House at the End of the Street" (2012)
59. Carol of 2004 TV movie "Snakehead Terror"
60. MLB official
61. Scottish turndown

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You have lots of energy today to attend to banking needs, as well as anything related to shared property and inheritances. You will defend your own best interests, that's for sure.

Taurus April 21 - May 21
Discussions with partners and close friends will be lively today! You also will attract energetic people.

Gemini May 22 - June 21
You can get a lot done at work today because you're on the ball and full of energy! A female co-worker might help you. Do whatever you can to get better organized.

Cancer June 22 - July 23
This is the perfect day for Halloween because the Moon is in Scorpio. (Boo!) Scorpio is all about skeletons, spiders, snakes, secrets and scary moments!

Leo July 24 - Aug. 23
Your interaction with a family member will be powerful today. Quite likely, this person will be a female. Just go with the flow and be agreeable. (Wear a mask if necessary.)

Virgo Aug. 24 - Sept. 23
Short trips, errands and conversations with others will make this a busy day. Parents will get out with their kids to go trick-or-treating.

Libra Sept. 24 - Oct. 23
You have good moneymaking ideas today, which is why you should give them some serious thought. Some of you will think of ways to make home improvements.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, which gives you lots of energy for Halloween stunts. Believe it or not, Halloween is a Scorpio holiday. (Who's behind that mask?)

Sagittarius Nov. 23 - Dec. 21
You will enjoy being in costume today, because Venus is in your sign. Sagittarians love all kinds of holidays, because they're an excuse for fun and good times!

Capricorn Dec. 22 - Jan. 20
Your interaction with a female friend will be fun and energetic today! Get into the spirit of things. Hand out some candy to the kids in your neighborhood.

Aquarius Jan. 21 - Feb. 19
Personal details about your private life might be made public today. (I guess someone will find out you always wanted to fly a helicopter.) Trick or treat!

Pisces
Feb. 20 - March 20
If you can travel today, by all means do. If you can't travel, just look outside, because Halloween costumes might be a stimulating change.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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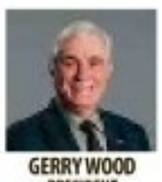

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